

The Result of the Investigations about the Effects of Mindfulness Based Stress Reduction Training on Parents whose Children Developmental Delay: a Sistematic Overview

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Abstract Parents whose children are developmentally delayed suffer from anxiety and stress more than parents whose children normally developed. It is reported that those results are connected with decrease in life satisfaction and quality, also disfunctioning family roles. Mindfulness based stress reduction (MBSR) training aims sustainable psychological well-being in parents' personal lives and their relationship with their children by teaching them how to cope with stress and manage the anxiety. Thus it may provide a base that they can rearrange their parenthood as more meticulous, permissive and less reactive. In this study, it is aimed to systematically review the articles which investigate the effects of MBSR training on perant stress of those who developmentally delayed children and indirectly the behavioural change in children and also the connection between parent-child interaction. Findings of literature review indicate that MBSR training reduces the stress and anxiety level of parents, and the inappropriate behaviours of children and also improves the relationship between parents and children.

Keywords Mindfulness, MBSR, Parent, Developmental Delay, Stress.

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